

What's happening ...

Chapel



Contact the chapel at **895-1106**. To speak to the duty chaplain after hours, call **895-5850**.

Worship schedule

Protestant services:

8 a.m., Sunday gospel service, Friendship Chapel

10 a.m., Sunday liturgical service, Palmetto Chapel (weekly communion)

11 a.m., Sunday shared-faith service, Palmetto Chapel

6 p.m., Sunday, Faith Factor

7 p.m., Wednesday youth group, Youth Center

Catholic services:

4:15 - 4:45 p.m., Saturday confession, Palmetto Chapel

5 p.m., Saturday Mass, Palmetto Chapel

9 a.m., Sunday Mass, Palmetto Chapel

Other faith groups may contact the chapel for information on worship times and locations.

Menu



Entrees for the Chief Master Sgt. Emerson E. Williams Dining Facility

Today-- Lunch --Seafood newburg, beef and corn pie, roast turkey; **Dinner** -- Simmered corn beef, pineapple chicken, Yankee pot roast

Saturday -- Brunch -- Savory-baked chicken, Swedish meat balls, Creole shrimp; **Dinner** -- Baked fish, Hungarian goulash, barbecue chicken

Sunday -- Brunch -- Oven-fried fish, Cantonese spareribs, grilled mustard chicken breast; **Dinner** -- Beef stir-fry with broccoli, turkey nuggets, loin strip steak

Monday -- Lunch -- Pot roast, baked stuffed fish, roast pork loin; **Dinner** -- Chili macaroni, beef canelloni, southern-fried chicken

Tuesday -- Lunch -- Teriyaki chicken, veal parmesan, salmon cakes; **Dinner** -- Country captain chicken, meat loaf, turkey a la king

Wednesday -- Lunch -- Mexican-baked chicken, chicken enchiladas, tacos; **Dinner** -- Lemon-herb chicken, barbecue spareribs, stuffed pork chops

Thursday -- Lunch -- Herb-baked chicken, stuffed cabbage rolls, southern-fried catfish; **Dinner** -- Roast pork loin, jagerschnitzel with mushroom sauce, glazed cornish hen

(Courtesy of the 20th Services Squadron. For more information, call **895-9791**.)

FSC



Pre-deployment brief

A pre-deployment brief is set for Thursday from 8 to 9:30 a.m. at the Family Support Center. It is mandatory for those deploying for 30 days or more and covers family separation preparation and anti-terrorism measures. Unit deployment managers with 10 or more deploying members should call the FSC to set up a date, time and location for a mass briefing. Spouses are highly encouraged to attend. For more information, call **895-1252**.

Investment workshop

The FSC is sponsoring an investment workshop Aug. 19 from 5 to 7 p.m. For more information, call **895-1252**.

Heart to Heart

Family members of deployed/remote tour spouses are invited to network with others at the Family Support Center Aug. 24 from 6 to 8 p.m. For more information and to register, call **895-1252**.

Smooth Move workshop

A smooth move workshop is set for Aug. 25 from 8:30 a.m. to noon at the FSC. The event is open to military, civilian employees and family members PCSing from Shaw or separating/retiring. For more information, call **895-1252**.

Financial management planning

Members needing help budgeting, balancing a checkbook or developing a savings or investment plan may call **895-1252** to set up a counseling appointment.

At the movies

Movie schedule and start time are subject to change. To hear recorded movie information, call **895-2199**.

* Admission: Friday night -- \$1; Saturday -- \$3 for adults, \$1.50 for children under 12; Sunday -- \$1.50.

Today at 7 p.m. and Sunday at 3 p.m.

Sleepover, PG (sensuality and language) -- In the summer after 8th grade, four teenage girls have a slumber party which ends up being one of the most eventful nights of their lives thus far. The party becomes an adventure when they compete against the "popular girls" in an all-night scavenger hunt that sends them out into the city "borrowing" a car, sneaking into clubs, having their first kisses and trying to do it all without their parents knowing about it.

1 hr. 30 mins.



Saturday

7 p.m., Spider-Man 2, PG-13 (action violence) -- Spider-Man is back to fight villains in the sequel to the movie debut for Marvel Comics' flagship character. In the second film, Peter Parker, the nerd-turned-hero, faces new threats in New York City, where he must use his extraordinary abilities to protect the people he loves from evil.

2 hrs. 7 mins.

Information



Battle of Camden Remembrance Weekend

Experience Camden in the year 1780 Saturday from 10 a.m. to 5 p.m., and Sunday from 10:30 a.m. to 4:30 p.m. at the Historic Camden Revolutionary War Site, located at 222 Broad Street in Camden, S.C. Admission and parking are free. Events will include revolutionary war skits, hands-on activities and refreshments. No pets, please. For more information, call **(803) 432-9841** or visit www.historic-camden.org.

AFCEA quarterly luncheon

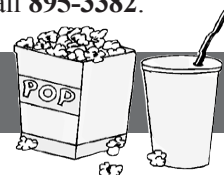
The Armed Forces Communications and Electronic Association's quarterly luncheon is set for Wednesday at the Conference Center. Social hour begins at 11:30 a.m. with lunch at noon. Mr. John Gilligan, the Air Force's chief information officer, is the guest speaker at the event. The cost is \$10 per person. R.S.V.P. by Thursday. For more information or to make reservations, call **895-3786**.

OCSC brunch

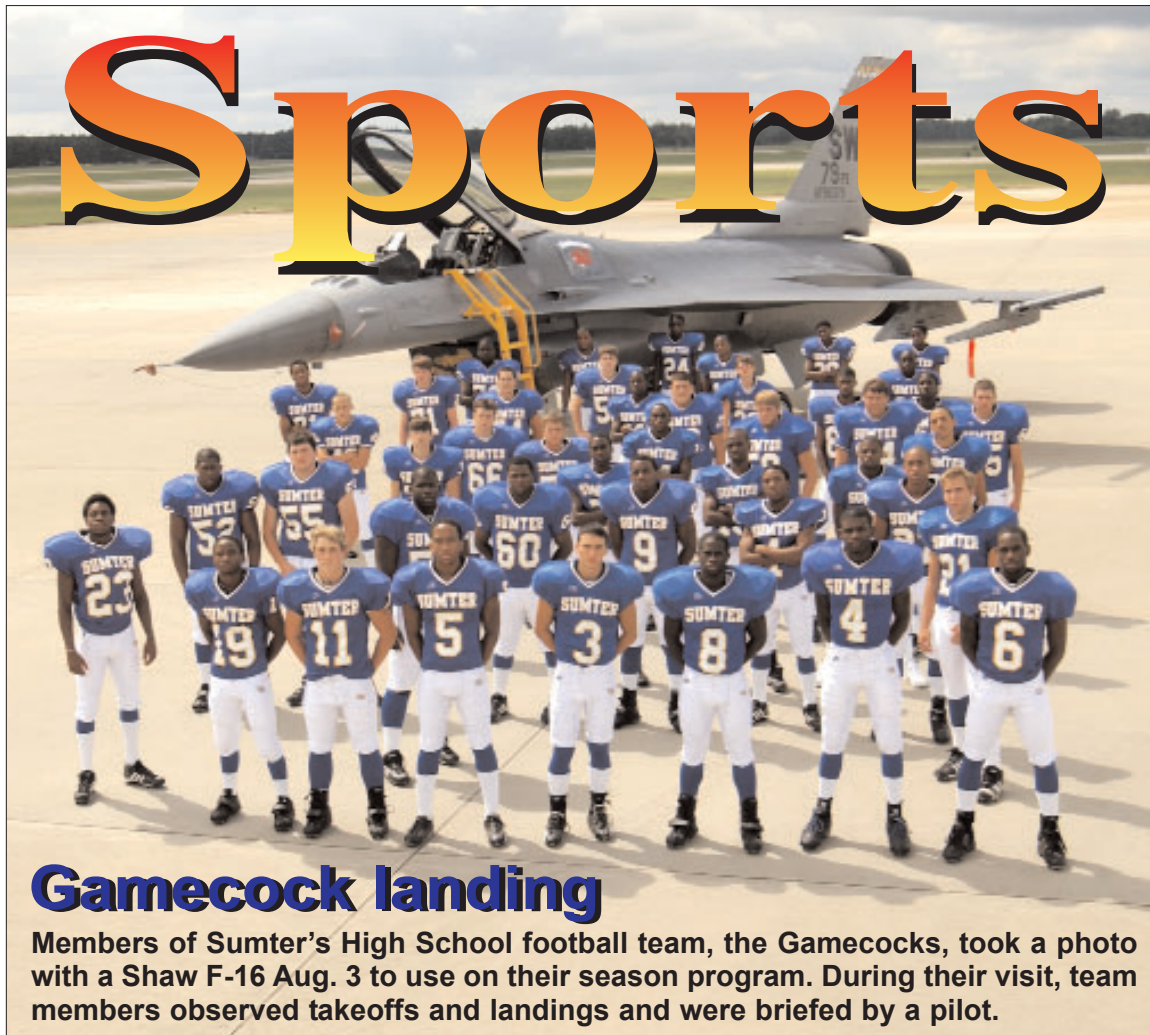
A special activities brunch for the Officers' Civilian Spouses' Club is set for Aug. 24 at 9:30 a.m. in the Conference Center. The event will welcome the 20th Fighter Wing commander's wife, Mrs. Lina Ruhlman. R.S.V.P. by Tuesday to **499-2622**.

Dog obedience school

Dog obedience classes are now offered at the Community Center each month. The cost is \$60 per pet. For more information, call **895-3382**.



Sports



Gamecock landing

Members of Sumter's High School football team, the Gamecocks, took a photo with a Shaw F-16 Aug. 3 to use on their season program. During their visit, team members observed takeoffs and landings and were briefed by a pilot.

Photo by Airman 1st Class Amber McCarthy

Shaw golfer gains U.S. recognition

By Airman 1st Class Susan Penning
Staff writer

Many Team Shaw members enjoy hitting the green. But not too many ever receive U.S. recognition for their golfing achievements, especially at age 11.

Trey, son of Staff Sgts. Fletcher, 20th Medical Support Squadron, and Lisa Valentine, Air Force advisor in Columbia, S.C., placed 11th recently at the U.S. Kids Golf 2004 World Championship. He also placed second in the 2004 Optimist

International Junior Golf Championship and second in the 1998 Pepsi Little People Golf Championship.

In addition, the soon-to-be 6th grader at Thomas Sumter Academy was an honor-roll student during his fifth-grade year and was named the 2004 Most Valuable Player on the TSA Varsity Golf Team.

Trey's parents said his golf abilities became evident after he received a toy golf set on his second Christmas. Later, his father had a set of adult clubs cut down to his size from a consignment shop.

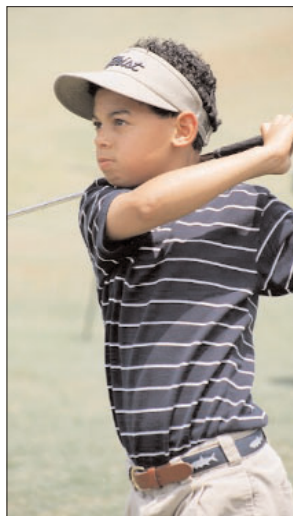


Photo by Staff Sgt. Lisa Valentine

Trey practices his golf game often at Sunset Country Club in Sumter.

Afternoon 'tee'

Retired Chief Master Sgt. Lou DeMonte, former 20th Security Forces Squadron manager, putts during a tournament Aug. 4 at Carolina Lakes Golf Course. The event was held in celebration of his retirement. The chief hung up his beret after more than 28 years of military service. Members of the Sumter City and County Police Departments, the Chief's Group, Team Shaw's Top 3 Association, the 20th SFS and Chief DeMonte's family and friends attended the event.



Photo by Airman 1st Class Susan Penning

Health & Wellness



Photo by Airman 1st Class Susan Penning

Tips for allergy sufferers

Another allergy season is upon South Carolina, and most people who suffer from hay fever are probably already aware of the fact.

According to the Allergy Prevention Center, more than 35 million Americans suffer from allergic rhinitis, or hay fever. Hay fever is triggered by "allergens," which are substances that initiate an allergic response, such as pollen or molds.

According to the American Academy of Allergy, Asthma and Immunology, many trees, grasses and weeds have small, light and dry pollens easily carried by the wind. In late summer and fall some of them such as ragweed, sagebrush, pigweed, Russian thistle and cocklebur, can become problematic for allergy sufferers.

Information from the AAAAI suggests allergies are symptoms of a reaction triggered by allergens to which a person is sensitive. These inhaled allergens combine with an antibody called immunoglobulin. This "allergic antibody," is normally present in very low levels, but is found in larger quantities in people with allergies. This pairing of the allergen and immunoglobulin causes the release of chemicals such as histamine. Inflammation in the nose and airway results, leading to symptoms of itchy, watery eyes, sneezing, nasal congestion, a runny nose, drowsiness and headaches.

Since allergies can lead to other chronic conditions such as asthma, if symptoms persist, sufferers should seek medical attention. Shaw members may call **895-CARE** to set up an appointment to receive treatment.

One important part of an allergy management plan is avoiding the pollen, molds or mites that exacerbate hay fever. The AAAAI offers the following tips to help lessen exposure to certain allergens:

- Keep windows closed at night to prevent pollens or molds from drifting into the home.
 - Use an air conditioner and dehumidifier to keep air clean, cool and dry.
 - Keep car windows closed when traveling.
 - Minimize outdoor activity on days when the pollen count or humidity is reported high, or on windy days.
 - Take vacations to less-pollinated areas, such as the ocean or other sandy locations.
 - Use a paper mask when mowing or raking.
 - Avoid hanging sheets or clothing out to dry.
 - Take medications as prescribed in the recommended dosage.
 - Take a shower after spending time outdoors to remove pollen and mold that may be on your skin and hair.
- (Information courtesy of the Allergy Prevention Center. Airman 1st Class Susan Penning contributed to this article.)*